

APRIL 2024

PB&J offered at lunch daily
A variety of fresh, frozen and canned fruit
offered at breakfast and lunch

Additional grab and go items are
available including YOGURT PARFAITS
on Wednesdays.

ACE'S CORNER

Breakfast Prices

Paid: \$1.75

Reduced: \$0.30

Lunch Prices

Paid: \$3.00

Reduced: \$0.40

To apply for Free/ Reduced Breakfast and Lunch visit gccschools.com



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Manager's Choice Breakfast 1 <hr/> Manager's Choice Hot Dog Turkey & Cheese Sub Rainbow Vegetables Baby Carrots	Bacon, Egg & Cheese Biscuit 2 <hr/> Chicken Parmesan Flatbread Chicken Tender Basket Turkey Chef Salad French Fries Steamed Broccoli	Sausage & Cheese Slider 3 <hr/> Walking Taco Cheeseburger Ham & Cheese Sub Kickin' Pinto Beans Fresh Zucchini	Glazed Donut 4 <hr/> Rice & Chicken Burrito Corn dog MYO Flatbread Pizza Corn Celery Sticks	Ham & Cheese Maple Flatbread 5 <hr/> Pizza Fish Sandwich Popcorn Chicken Salad Orange Glazed Carrots Spinach Side Salad
NO SCHOOL 8 Be safe, and enjoy the eclipse!	Ham & Cheese Biscuit 9 <hr/> Meatloaf w/Mashed Potatoes & Roll Chicken Tender Basket MYO Flatbread Pizza French Fries Red Pepper Strips	Cinnamon Sugar Poppers 10 <hr/> Dumplings & Fried Rice Cheeseburger Turkey & Cheese Bagel Peas & Carrots Edamame	Blueberry Muffin Top 11 <hr/> Berry French Toast & Sausage Corn dog Popcorn Chicken Salad Corn Celery Sticks	Mixed Berry Scone 12 <hr/> Grilled Cheese Pizza Pizza Salad Steamed Broccoli Spinach Side Salad
Breakfast Pizza 15 <hr/> Mac & Cheese w/ Mini Corn dogs Hot Dog Turkey & Cheese Sub Roasted Cauliflower Celery Sticks	Chicken Snack Wrap 16 <hr/> Beef Nachos Chicken Tender Basket MYO Flatbread Pizza French Fries Baby Carrots	Apple Cinnamon Square 17 <hr/> Popcorn Chicken Bowl Cheeseburger Turkey Chef Salad Steamed Broccoli Red Pepper Strips	Cheesy Egg & Tot Burrito 18 <hr/> Fiery Jalapeno Cheddar Burger Cheese Pizzadilla Popcorn Chicken Salad Baked Beans Cucumber	Pancake Bites 19 <hr/> Pizza Fish Sandwich Ham & Cheese Sub Rainbow Vegetables Grape Tomatoes
Bosco Stick 22 <hr/> Carnitas Tacos Hot Dog Popcorn Chicken Salad Mexicali Corn Baby Carrots	Blueberry Square 23 <hr/> Watchos (Chicken Waffle Nachos) Chicken Tender Basket Ham & Cheese Sub French Fries Celery Sticks	Sausage English Muffin 24 <hr/> BBQ Pork sandwich Cheeseburger Pizza Salad Steamed Carrots Creamy Cole Slaw	Chicken Biscuit 25 <hr/> Orange Chicken & Rice Corn dog MYO flatbread Pizza Roasted Broccoli Edamame	Iced Cinnamon Roll 26 <hr/> Pizza Fish Sandwich Turkey Chef Salad Buttered Peas Red Pepper Strips
Manager's Choice Breakfast 29 <hr/> Manager's Choice Hot Dog MYO Flatbread Pizza Steamed Broccoli Cucumber Slices	Cinnamon Biscuit 30 <hr/> Backyard Burger Chicken Tender Basket Popcorn Chicken Salad Kickin' Pinto Beans Baby Carrots			

JOLLY GREENS

Great for the body and mind, most green fruits and veggies—including broccoli, cucumbers, granny smith apples, and green peppers—contain the antioxidants lutein and zeaxanthin, which have been shown to protect eye health and fight some cancers. Dark leafy greens also contain folate, a B-vitamin and form of folic acid that can help boost concentration, energy levels, and mood. So grab some greens, your body will thank you.

DISCOVER : KIWI

Not to be confused with the bird or New Zealanders, tangy kiwis are coming to the menu this month. In season during the winter, these juicy berries are packed with vitamin C, fiber, and antioxidants



CELERY:

Filled with vitamins, fiber, & antioxidants
Peak Season: Apr. – Dec.

SPINACH: Hearty dose of protein, calcium, & potassium
Peak Season: Mar – Jun.



AVOCADO: Packed with vitamins, phytonutrients, & minerals
Peak Season: Apr. – Mar.

CHALLENGE OF THE MONTH: SPOT THE DIFFERENCE

Circle the difference between each pair below. There are four difference for each pair. How fast can you find them?



BROCCOLI



APPLE



ACE'S RECIPE OF THE MONTH:

THAI COCONUT & BROCCOLI SOUP*

Serves 4

INGREDIENTS:

- 1/3 cup green curry paste
- 1 (13.5-ounce) can coconut milk
- 3 cups water
- Sea salt and cracked black pepper to taste
- 1 pound broccoli florets, chopped
- 2 cups baby spinach leaves, plus more to serve
- 2 cups cilantro leaves
- 2 scallions, shredded
- Crispy shallots or onions, to serve

PREPARATION:

1. Place curry paste in a medium saucepan over medium heat and cook, stirring, for one minute.
2. Add the coconut milk, water, salt, and pepper and bring to a boil.
3. Add the broccoli, cover, and cook for 10 minutes or until the broccoli is tender.
4. Remove from the heat and add the spinach leaves and half the cilantro.
5. Using an immersion blender, blender, or processor, blend the soup until smooth.
6. Divide among serving bowls and top with the extra spinach, remaining cilantro, scallions, and shallots.

***DO NOT attempt to chop ingredients or cook without adult supervision.**

ANSWERS: Apple: stem, eye lashes, spots, cheek, Broccoli: flower head, stem, glasses, tongue